

**IN THE CLAIMS:**

Kindly cancel claims 1-20 and add new claims 21-30 as follows.

21. (NEW) A method for dispensing a substance into a mouth, wherein the substance is selected from the group consisting of a breath freshener and a flavoring agent, the method comprising the steps of:
  - providing a mouth and tongue stud including a means for dispensing a substance formed in a portion of the stud, wherein the means for dispensing a substance contains the substance;
  - mounting the stud in a part of a wearer's mouth; and
  - dispensing the substance into the wearer's mouth.
22. (NEW) A method as recited in claim 21, wherein the substance comprises a breath freshener.
23. (NEW) A method as recited in claim 21, wherein the substance comprises a flavoring agent.
24. (NEW) A method as recited in claim 23, wherein the substance includes a breath freshener mixed with the flavoring agent.
25. (NEW) A method as recited in claim 22, wherein the substance includes a medication mixed with the breath freshener.
26. (NEW) A method as recited in claim 23, wherein the substance includes a medication mixed with the flavoring agent.

27. (NEW) A method as recited in claim 24, wherein the substance further includes a medication mixed with the breath freshener and the flavoring agent.

28. (NEW) A method as recited in claim 21, wherein the substance is dispensed into the wearer's mouth by dissolving the substance over time in the wearer's saliva.

29. (NEW) A method as recited in claim 22, wherein the substance is dispensed into the wearer's mouth by dissolving the substance over time in the wearer's saliva.

30. (NEW) A method as recited in claim 23, wherein the substance is dispensed into the wearer's mouth by dissolving the substance over time in the wearer's saliva.